



Physical Activity Resources

Los Angeles County • Physical Activity Resources

SPA 1-Antelope Valley

PROGRAM / ORGANIZATION	DESCRIPTION	CONTACT
County Parks and Recreation		
Acton Park 3751 Syracuse Avenue Acton, CA 93510 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033244.asp&Title=Actontarget= blank	Ball Field, Basketball Court, Walking Path	(661) 294-3500
Alpine Butte Wildlife Sanctuary Avenue O, 130th Street Antelope Valley, CA 93591 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Apollo Community Regional Park 4555 West Avenue G Lancaster, CA 93534 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033245.asp&Title=ApolloTarget= blank	Fishing, Walking	(661) 940-7702
Big Rock Creek Wildlife Sanctuary Avenue O, 1.5 miles West of Alpine Butte Big Rock Creek, CA 93591 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Butte Valley Wildflower Sanctuary Avenue I, 190th and 200th Streets East Hi Vista, CA 93535 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Carl O. Gerhardt Wildlife Sanctuary 240th Street East and Avenue O Antelope Valley, CA 93535 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Devils Punchbowl Natural Area Park 28000 Punchbowl Road Pearblossom, CA 93553 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033377.asp&Title=Devil's%20Punchbowl%20Natural%20target= blank	Equestrian Trails, Hiking, Junior Ranger Program, Ranger-led Hikes	(661) 944-2743
Everett Martin Park 35548 North 92nd Street East Littlerock, CA 93543 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033257.asp&Title=Everett%20Martintarget= blank	Swimming, Basketball Court, Children's Play Area, Multipurpose Playing Field, Pool	(661) 944-2988
George Lane Park 5520 West Avenue L-8 Quartz Hill, CA 93536 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033259.asp&Title=George%20Lanetarget= blank	Exercise Classes, Karate Classes, Softball, T-Ball, Basketball Courts, Children's Play Area, Handball Court, Lighted Softball Field, Swimming Pool	(661) 722-7780
Jack Rabbit Wildlife Sanctuary Southeast corner of 116th East and Avenue T Pearblossom, CA 93553 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Jackie Robinson Park 8773 East Avenue R Littlerock, CA 93543 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033261.asp&Title=Jackie%20RobinsonTarget= blank	Children's Play Area, Exercise and Dance Classes, Gymnasium, Horseshoe Pits, Lighted Softball Diamond, T-Ball Diamond, Youth and Adult Sports Leagues	(661) 944-2880
Mescal Wildlife Sanctuary 14251 Valyermo Road Valyermo, CA 93553 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Payne Wildlife Sanctuary 223rd Street East Avenue V Llano, CA 93544 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Pearblossom Park 33922 North 121st Street East Pearblossom, CA 93553 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033265.asp&Title=PearblossomTarget= blank	South Antelope Valley Youth Sports Association Program, Table Tennis Tournaments, Basketball Court, Horseshoe Pits, Shuffleboard Courts, Lighted Softball Field	(661) 944-2988
Phacelia Wildflower Sanctuary 200th Street East and Avenue D Antelope Valley, CA 93535 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033379.asp&Title=High%20Desert%20Wildlife%20Sanctuariestarget= blank	Hiking, Horseback Riding	
Vasquez Rocks Natural Area 10700 West Escondido Canyon Road Agua Dulce, CA 91350 http://lacountyparks.org/Parkinfo.asp?URL=cms1_033383.asp&Title=Vasquez%20%20Rocks%20Natural%20Atarget= blank	Equestrian Trails, Hiking, Junior Ranger Program, Ranger-led Hikes	(661) 268-0840
City Parks and Recreation-Lancaster		

Bain Park/Eastside pool 45045 North 5th Street East Lancaster, CA 93535 http://www.cityoflancasterca.org/Index.aspx?page=44	Heated Indoor Pool, Children's Play Area, Walking Trails, Lighted Fields, Basketball Courts, Volleyball Courts	
El Dorado Park 44501 North 5th Street East Lancaster, CA 93535 http://www.cityoflancasterca.org/Index.aspx?page=45	Tennis Court, Softball Field, Children's Play Area	
Forrest E. Hull Park 30th Street West and L-12 Lancaster, CA 93536 http://www.cityoflancasterca.org/Index.aspx?page=46	Grassy Fields, Lighted Walking Trail, Community Walk-a-Thons	
Jane Reynolds Park/ Webber Pool 716 Oldfield Street Lancaster, CA 93535 http://www.cityoflancasterca.org/Index.aspx?page=47	Pool, Open Fields For Sports Activity, Basketball Court, Children's Play Area	
Lancaster City Park 43011 North 10th Street West Lancaster, CA 93534 http://www.cityoflancasterca.org/Index.aspx?page=48	Activity Center, Gymnasium, Lighted Tennis Courts, Basketball Courts, Volleyball Courts, Softball Complex	
Lancaster National Soccer Center 43000 20th Street East Lancaster, CA 93534 http://www.cityoflancasterca.org/Index.aspx?page=24	Soccer Fields, Children's Play Area	
Mariposa Park 45755 North Fig Lancaster, CA 93534 http://www.cityoflancasterca.org/Index.aspx?page=49	Children's Play Area, Softball Field	
Prime Desert Woodland Preserve 35th Street West and K-8 Lancaster, CA 93536 http://www.cityoflancasterca.org/Index.aspx?page=101	Hiking Trails, Walking Trails	
Rawley Duntley Park 3334 West Avenue K Lancaster, CA 93536 http://www.cityoflancasterca.org/Index.aspx?page=50	Children's Play Area, Lighted Baseball Fields, Basketball Courts	
Skytower Park 32nd Street East and K-4 Lancaster, CA 93535 http://www.cityoflancasterca.org/Index.aspx?page=51	Children's Play Area, Walking Trails, Lighted Softball Fields, Basketball Courts	
Tierra Bonita Park 44910 North 27th Street East Lancaster, CA 93535 http://www.cityoflancasterca.org/Index.aspx?page=52	Lighted Softball Fields, Children's Play Area, Walking Trails	
City Parks and Recreation-Palmdale		
Desert Sands Park 39117 3rd Street East Palmdale, CA 93550 http://www.cityofpalmdale.org/departments/parks/parks.html	Walking Trails, Jogging Trail, Children's Play Area, Annual 5K/10K Walk/Run	(661) 267-5650
Domenic Massari Park 37716 55th Street East Palmdale, CA 93552 http://www.cityofpalmdale.org/departments/parks/parks.html	Soccer Fields, Little League Baseball Fields, Children's Play Area, Tennis Courts, Basketball Courts, Sand Volleyball Court, Walking Trail, Jogging Trail, Skate Park	(661) 267-5593
Hammack Activity Center/Roller Hockey Rinks 815 East Avenue Q-6 Palmdale, CA 93550 http://www.cityofpalmdale.org/departments/parks/parks.html	Basketball Court, Table Games, Roller Hockey Rinks	(661) 267-5663
Hillside Park 41003 Rancho Vista Boulevard Palmdale, CA 93551 http://www.cityofpalmdale.org/departments/parks/parks.html	Children's Play Area	
Joshua Hills Park Fairfield & Via del Rio Palmdale, CA http://www.cityofpalmdale.org/departments/parks/parks.html	Children's Play Area, Playfield	
Manzanita Heights Park 431 Mesa Verde Avenue Palmdale, CA 93551 http://www.cityofpalmdale.org/departments/parks/parks.html	Children's Play Area, Playfield	(661) 267-5655
Marie Kerr Park 39700 30th Street West Palmdale, CA 93551 http://www.cityofpalmdale.org/departments/parks/parks.html	Walking Trail, Jogging Trail, Children's Play Area, Skate Park, Swimming, Softball Complex, Recreational Facility	(661) 267-5675
Melville J. Courson Park 38226 10th Street East Palmdale, CA 93550 http://www.cityofpalmdale.org/departments/parks/parks.html	Heated Outdoor Swimming Pool, Basketball Courts, Children's Play Area	(661) 267-5690

Palmdale Oasis Park 3850 East Avenue South Palmdale, CA 93551 http://www.cityofpalmdale.org/departments/parks/parks/popc.html	Gymnasium, Basketball Court, Wood Dance Floor, Dance/Fitness Studio	(661) 267-5100
Pelona Vista Park 37800 Tierra Subida Avenue Palmdale, CA 93551 http://www.cityofpalmdale.org/departments/parks/parks.html	Lighted Soccer Fields, Multi-Use Trail	
William J. McAdam Park 38115 30th Street East Palmdale, CA 93550 http://www.cityofpalmdale.org/departments/parks/parks.html	Heated Outdoor Swimming Pool, Softball Fields, Tennis Courts, Walking/Jogging Path, Horseshoe Pits, Children's Play Area	(661) 267-5653
Other Parks		
Angeles National Forest 701 North Santa Anita Avenue Arcadia, CA 91006 http://www.fs.fed.us/r5/angeles/	Hiking, Mountain Biking	(626) 574-1613
Los Padres National Forest 6755 Hollister Avenue Suite 150 Goleta, CA 93117 http://www.fs.fed.us/r5/lospadres/	Hiking, Mountain Biking	(805) 968-6640 (805) 968-6790 TTY
Non-Profit Organizations		
Antelope Valley Family YMCA 39251 10th Street West Palmdale, CA 93551 http://www.ymcala.org/Branch/Default.aspx?ENT=1		(661) 273-1525 (661) 273-7759 fax
Other Groups		
High Desert Runners Inc. P.O. Box 1714 Lancaster, CA 93539 www.highdesertrunners.org		(661) 277-4123
Lancaster Hiking Club http://community.lancasteronline.com/lancasterhikingclub/?page_id=12		
Moms Club of Lancaster 43759 15th Street West, PMB 301 Lancaster, CA 93535 www.momsclub.av.org/lancaster		(800) 384-9393